

C14 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Experiment with putting up door shields and window curtains. Key them against different events, energies or experiences and record your results in the form provided.
3. Test the effectiveness of air half shields. Put in a horror or suspense movie you have already seen that still gives you a start in a certain place. Watch the segment of the movie that is particularly intense with a half shield. Did it affect you the same way that it has in the past?
4. Where possible, use the sweeping, pulling and touch assist techniques for healing. Record your results, along with any questions or difficulties you encountered.

Door Shields and Window Curtains

1. Using the form below, record the various conditions you want to shield against, and the current situation.
2. Put up your door shields or window curtains and note how you programmed them.
3. Over the course of several days, record any results you notice from your door shields or window curtains.
4. Take down your door shields or window curtains, and write down any differences you notice in your environment.

Door Shield or Window Curtain?	Current Situation	How Shield or Curtain Programmed?	Results of Shield or Curtain	Effects After Shield or Curtain Taken Down

Air Half Shields

1. Test the effect of air half shields by watching a segment of a horror or suspense movie (or any other movie that affects you strongly). Watch the segment of the movie without an air half shield and record the effect in the first form below.
2. Next, rewind the movie to the same segment, put up an air half shield and watch the same segment. Record the effect in the second form below. Compare the difference between the two experiences.

Form 1: Movie Watched and Effect Without Air Half Shield

Form 2: Effect With Air Half Shield

Healing With the Wand

Work with the three Wand healing techniques covered in this class (sweeping, pulling and touch assist) when the opportunity arises. Be aware that the Universe is very skilled at sending us opportunities for practicing our new knowledge! Record your results in the table below.

Healing Technique Used	Situation Before Healing	Situation After Healing	Questions or Difficulties or Discoveries

Wands 2 - Exercises